

Central Aquatic Center

Located at 520 Fairground Street next to the Cobb Civic Center in the Larry Bell Fitness Complex

Hours of operation:

Lap Swim:	Mon-Thurs	6 am-8 pm
	Fri	6 am-6 pm
	Sat	9 am-2 pm
	Sun	Closed

Call for available open swim times (770) 528-8465.

Swimming Lessons Winter 2012

Session I	January 9-26 th
Session II	January 30-February 16 th
Saturday	January 7-February 18 th (skip Jan 28 – Swim Meet)

Swim lesson registration for Cobb County Residents will be held at 9:00 am on November 19th, 2011.

Non-Cobb resident's registration begins at 9:00 am on November 21st

Mountain View Aquatic Center

Located at 2650 Gordy Parkway in East Cobb

Hours of operation:

Lap Swim:	Mon.-Fri.	6 am-8 pm
	Sat	9 am-12 pm
	Sun	Closed

Call for available open swim times (770) 509-4925.

Swimming Lessons Winter 2012

Session I	January 9-26 th
Session II	January 30-February 16 th

No Saturday Classes

Swim lesson registration for Cobb County Residents will be held at 12:00 pm on November 19th, 2011.

Non-Cobb resident's registration begins at 12:00 pm on November 21st

West Cobb Aquatic Center

Located at 3675 Macland Road in Powder Springs

Hours of operation:

Lap Swim:	Mon.-Fri.	6 am-9 pm
	Sat	9 am-5 pm
	Sun	2 pm-5 pm

Call for available open swim times 770-222-6700

Swimming Lessons Winter 2012

Session I	January 9-25 th
Session II	January 30-February 15 th
Saturday	January 7-February 11 th

Swim lesson registration for Cobb County Residents will be held at 2:00 pm on November 19th, 2011.

Non-Cobb resident's registration begins at 2:00 pm November 21st

South Cobb Aquatic Center

Located at 875 Six Flags Drive in Austell

Hours of Operation:

Mon – Fri	8 am – 9 pm
Sat	9 am – 5 pm
Sun	2 pm – 5 pm

Call for available open swim and lap swim times 770-739-3180

Swimming Lessons Winter 2012

Session I	January 9-26 th
Session II	January 6-February 23
Saturday	January 14-February 18 th

Swim lesson registration for Cobb County Residents will be held at 6:00 pm on November 18th, 2011.

Non-Cobb resident's registration begins at 9:00 am November 19th

Aquatic Center – Lessons**Adult Basics (age 15+)**

This class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. Introducing freestyle, back crawl, introduction to deep water, and basic water safety

Fees: 80.00 (R) 105.00 (N)

Central Aquatic Center

50283	Sat	Jan 7-Feb 18	1:00- 1:50 PM
50284	T, Th	Jan 10-26	8:00-8:50 PM
50285	T, Th	Jan 31-Feb 16	7:00-7:50 PM

South Cobb Aquatic Center

50461	Sat	Jan 14-Feb 18	1:00- 1:50 PM
50462	M, W	Jan 9-25	6:30- 7:20 PM
50463	M, W	Feb 6-22	6:30-7:20 PM

West Cobb Aquatic Center

47376	Sat	Jan 7-Feb 11	1:10- 2:00 PM
47377	T, Th	Jan 31-Feb 16	8:10- 9:00 PM

Adult Basics II (age 15+)

This class is designed to teach adults who have successfully completed Adult Basics I. It will teach freestyle, back crawl, introduction to deep water, and basic water safety

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

Central Aquatic Center

50286	Sat	Jan 7-Feb 18	12-12:50 PM
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Adult Stroke Development (age 15+)

This class is for individuals who can swim at least 50 yards of freestyle without stopping and can swim backstroke and breaststroke, and who are comfortable in deep water. This class will teach increased endurance and improved stroke proficiency.

Fees: 80.00 (R) 105.00 (N)

Central Aquatic Center

50287	Sat	Jan 7-Feb 18	11:00-11:50 AM
50288	T, Th	Jan 10-26	7:00-7:50 PM

Adult Advanced Stroke Development (age 15+)

This class is for individuals who have completed the Adult Stroke Development class and who are comfortable swimming laps and being in deep water. This class will build ones endurance and improve stroke proficiency.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

Central Aquatic Center

50290	Sat	Jan 7-Feb 18	10-10:50 AM
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Preschool**Parent Tot (age 6mos-3 yrs)**

A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as: kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

Fees: 40.00 (R) 65.00 (N)

Central Aquatic Center

50299	Sat	Jan 7-Feb 18	8:30- 9:00 AM
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Mountain View Aquatic Center

50693	T, Th	Jan 10-26	11:00-11:30 AM
50714	T, Th	Jan 31-Feb 16	11:00-11:30 AM

South Cobb Aquatic Center

50479	Sat	Jan 14-Feb 18	9:00- 9:30 AM
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West Cobb Aquatic Center

47398	T, Th	Jan 10-26	11:00- 11:30 AM
47399	T, Th	Jan 31-Feb 16	11:00- 11:30 AM
47396	M, W	Jan 09-25	11:00- 11:30 AM
47397	M, W	Jan 30-Feb 15	11:00- 11:30 AM
47400	Sat	Jan 7-Feb 11	9:10- 9:40 AM

Parent Tot II (age 18mos-3 yrs)

A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as: kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

Fees: 40.00 (R) 65.00 (N)

South Cobb Aquatic Center

50480	Sat	Jan 14-Feb 18	9:00- 9:30 AM
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TADPOLE (age 3-5)

This class is designed for the true beginner. Water adjustment skills, blowing bubbles, submerging, and water safety are taught in a playful atmosphere

Fees: 40.00 (R) 65.00 (N)

Central Aquatic Center

50303	Sat	Jan 7-Feb 18	9:00-9:30 AM
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Mountain View Aquatic Center

50701	M, W	Jan 9-25	3:15 -3:45 PM
50703	M, W	Jan 30-Feb 15	3:15 -3:45 PM
50699	T, Th	Jan 10-26	11:45 AM- 12:15 PM
50700	T, Th	Jan 31-Feb 16	11:45 AM- 12:15 PM

(Tadpole continued)**South Cobb Aquatic Center**

50490	Sat	Jan 14-Feb 18	9:45-10:15 AM
50488	T, Th	Jan 10-26	4:30- 5:00 PM
50489	T, Th	Feb 7- 23	4:30- 5:00 PM

West Cobb Aquatic Center

47406	Sat	Jan 7-Feb 11	9:45-10:15 AM
47407	M, W	Jan 9-25	11:45 AM -12:15 PM
47408	T, Th	Jan 10- 26	11:45 AM -12:15 PM
47409	T, Th	Jan 31-Feb 16	12:30 PM -1:00 PM
47410	T, Th	Jan 10-26	6:30- 7:00 PM

MINNOW (age 3-5)

This class is for preschoolers who can already put their faces in the water. Kicking, stroking, gliding, floating and jumping in will be taught in a playful atmosphere.

Fees: 40.00 (R) 65.00 (N)

Central Aquatic Center

50296	Sat	Jan 7-Feb 18	9:45-10:15 AM
50654	T, Th	Jan 10-26	1:00- 1:30 PM
50657	T, Th	Jan 31-Feb 16	1:00-1:30 PM
50658	T, Th	Jan 10-26	1:30- 2:00 PM
50659	T, Th	Jan 31-Feb 16	1:30- 2:00 PM

Mountain View Aquatic Center

50705	M, W	Jan 9-25	4:00 - 4:30 PM
50706	M, W	Jan 30-Feb 15	4:00 - 4:30 PM
50689	T, Th	Jan 10-26	11:45 AM- 12:15 PM
50704	T, Th	Jan 31-Feb 16	11:45 AM- 12:15 PM

South Cobb Aquatic Center

50474	Sat	Jan 14-Feb 18	10:30-11:00 AM
50477	T, Th	Jan 10-26	5:15- 5:45 PM
50478	T, Th	Feb 7-23	5:15-5:45 PM

West Cobb Aquatic Center

47387	M, W	Jan 30-Feb 15	11:45-12:15 PM
47389	M, W	Jan 9- 25	12:30-1:00 PM
47390	M, W	Jan 9-25	1:15-1:45 PM
47388	T, Th	Jan 31-Feb 16	11:45 -12:15 PM
47391	T, Th	Jan 10- 26	12:30 -1:00 PM
47392	T, Th	Jan 31-Feb 16	1:15 -1:45 PM
47394	T, Th	Jan 31-Feb16	6:30-7:00 PM
47393	T, Th	Jan 10-26	6:30-7:00 PM
47395	Sat	Jan 7-Feb 11	10:30-11:00 AM

SEAL (age 3-5)

This class is designed for preschoolers who can already swim. The coordination of the flutter kick and alternating arm strokes will be taught. Rhythmic breathing, water safety, and confidence in the water will be stressed.

Fees: 40.00 (R) 65.00 (N)

Central Aquatic Center

50300	Sat	Jan 7-Feb 18	10:30-11:00 AM
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Mountain View Aquatic Center

50708	M, W	Jan 9-25	4:45 - 5:15 PM
50709	M, W	Jan 30-Feb 15	4:45 - 5:15 PM
50695	T, Th	Jan 10-26	1:15 PM- 1:45
50707	T, Th	Jan 31-Feb 16	1:15 PM- 1:45

South Cobb Aquatic Center

50481	Sat	Jan 14-Feb 18	11:15-11:45 AM
50484	T, Th	Jan 10-26	5:15- 5:45 PM
50485	T, Th	Feb 7-23	5:15- 5:45 PM

West Cobb Aquatic Center

47401	M, W	Jan 30-Feb 15	12:30- 1:00 PM
47402	M, W	Jan 30-Feb 15	1:15- 1:45 PM
47403	T, Th	Jan 10- 26	1:15- 1:45 PM
47404	T, Th	Jan 31-Feb 16	6:30- 7:00 PM
47405	Sat	Jan 7-Feb 11	10:30- 11:00 AM

Cobb County Swim Lesson Program - Age 5 1/2 & up**Level 1 (age 5 1/2-15)**

This class is designed for children 5 1/2 or older who have little or no swimming experience or who have a fear of the water. Basic water safety skills, placing face in the water, propulsion skills with support, and floating are taught at this level. To complete this Level Students must be able to swim without assistance 10-15 feet and float on their stomach and back. Students must also be comfortable going under the water before progressing to Level 2.

Fees: 80.00 (R) 105.00 (N)

Central Aquatic Center

50291	Sat	Jan 7-Feb 18	11:00-11:50 AM
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Mountain View Aquatic Center

50681	T, Th	Jan 10- 26	4:30- 5:20 PM
50710	T, Th	Jan 31-Feb 16	4:30- 5:20 PM

South Cobb Aquatic Center

12913	Sat	Jan 14-Feb 18	11:00-11:50 AM
12912	M, W	Jan 7-23	4:30- 5:20 PM
12911	M, W	Jan 28-Feb 13	4:30- 5:20 PM

West Cobb Aquatic Center

47379	Sat	Jan 7-Feb 11	11:10-12:00 PM
47378	T, Th	Jan 10-26	7:10- 8:00 PM

Level 2 (age 6-15)

This class is designed for children who have completed Level 1 and are able to float and glide on their stomach and back, students must also be comfortable going under water. The front crawl and backstroke are introduced along with rhythmic breathing to the side. To complete Level 2 students must be able to swim 25 yards without stopping and perform rhythmic breathing. Students must also be able to swim on their back 10-15 yards without assistance.

Fees: 80.00 (R) 105.00 (N)

Central Aquatic Center

50292 Sat Jan 7-Feb 18 12:00-12:50 PM

Mountain View Aquatic Center

50683 M, W Jan 9- 25 6:30- 7:20 PM

50711 M, W Jan 30-Feb 15 6:30- 7:20 PM

50712 T, Th Jan 10- 26 6:30- 7:20 PM

50713 T, Th Jan 31-Feb 16 6:30- 7:20 PM

South Cobb Aquatic Center

12914 Sat Jan 14-Feb 18 12:00-12:50 PM

12915 Sat Jan 14-Feb 18 11:00-11:50 AM

12918 M, W Jan 7-23 4:30- 5:20 PM

12921 M, W Jan 28-Feb 13 4:30- 5:20 PM

12920 M, W Jan 7-23 5:30- 6:20 PM

12919 M, W Jan 28-Feb 13 5:30- 6:20 PM

West Cobb Aquatic Center

47380 T, Th Jan 31-Feb 16 7:10- 8:00 PM

47381 Sat Jan 7-Feb 11 11:10-12:00 PM

Level 3 (age 6-15)

This class is designed for children who have completed the Level 2 and can swim 25 yards of front crawl with rhythmic breathing and swim 10-15 yards on their backs. Skills taught at this level include improving front crawl and backstroke, learning the elementary backstroke, treading water, introduction to breaststroke and diving, and water safety skills. To complete this class a student must be able to swim 50 yards of continual front crawl with rhythmic breathing to the side and swim 25 yards each of back crawl and elementary backstroke. Students must also be comfortable in deep water and be able to tread water for up to 30 seconds.

Fees: 80.00 (R) 105.00 (N)

Central Aquatic Center

50293 Sat Jan 7-Feb 18 9:00- 9:50 AM

South Cobb Aquatic Center

50473 Sat Jan 14-Feb 18 12:00-12:50 PM

West Cobb Aquatic Center

47382 T, Th Jan 10-26 7:10- 8:00 PM

47383 Sat Jan 7-Feb 11 12:10-1:00 PM

Level 4 (age 6-15)

This class is designed for children who have completed the Level 3 and can swim 50 yards (2 lengths) of front crawl with rhythmic breathing to the side. Students must be able to swim back crawl and elementary backstroke. Swimmers must be able to swim in deep water without assistance. Skills taught at this level include: refining the front and back crawl, improving the breaststroke, introduction to sidestroke, and increased endurance. To complete this class a student must be able to swim 100 yards continuously using the following strokes – 50 yards of front crawl, 25 yards of back crawl and 25 yards of breaststroke.

Fees: 80.00 (R) 105.00 (N)

Central Aquatic Center

50294 Sat Jan 7-Feb 18 10:00-10:50 AM

West Cobb Aquatic Center

47384 T, Th Jan 31-Feb 16 7:10- 8:00 PM

47385 Sat Jan 7-Feb 11 12:10- 1:00 PM

Level 5 (age 6-15)

This class is designed for children who have completed the Level 4 and are able to swim the following strokes for 50 yards or more: front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke. This class is designed to improve these strokes and prepare students for swim team participation. This class will introduce butterfly, surface dives and springboard diving.

Fees: 80.00 (R) 105.00 (N)

Central Aquatic Center

50295 Sat Jan 7-Feb 18 11:00-11:50 AM

West Cobb Aquatic Center

47386 Sat Jan 7- Feb 11 1:10- 2:00 PM

Adult Aquarobic classes:

Central Aquatic Center

9:00 am	Mon/Wed/Fri	Aerobics
10:00 am	Mon/Wed/Fri	Seniors
5:30 pm	Mon/Wed/Fri	Aerobics

Mountain View Aquatic Center

8:00am	M/W/F	Aerobics (shallow water)
9:00am	M - F	Aerobics (deep water)
10:00am	M/W/F	Arthritis, Fibro
	T/TH	Aerobics (shallow water)
11:00am	M/W/F	Adaptive & arthritis
5:30 pm	M - F	Aerobics (shallow water)

West Cobb Aquatic Center

9:00 am	Mon-Fri	Aerobic (shallow water)
9:10 am	Sat	Aerobic (shallow water)
10:00 am	M/W/F	Low Intensity (shallow)
6:00 pm	Tues	Aerobics (deep water)
6:00 pm	Thu	Aerobics (deep water)
7:00 pm	M/W	Aerobics (shallow water)
11:10am	M/W/F	Low Intensity (shallow)

South Cobb Aquatic Center

6:00pm	Mon-Thurs	Shallow Water
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Aquarobic Fees:

Adults	\$4.50 per class (10-visit pass \$45.00)
Seniors	\$2 per class (10-visit pass \$20.00)

Shallow Water:

Low impact, mid to high intensity to get blood flowing. A good aerobic workout with muscle toning

Deep Water:

Enjoy a deep water workout that has no impact on the joints, yet high intensity to burn calories...very cardiovascular...add a little body sculpting and you have a total body workout.

Competitive Swimming:

Cobb County Aquatic Facilities host several USA competitive swim teams.

Chattahoochee Gold	770-928-1506
Kennesaw Tidal Wave	770-499-3296
Marietta Marlins	770-578-0934
Stingrays	770-310-1312

Additional Programs

Lifeguard Training - Class is designed to certify individuals in lifesaving, standard first aid and CPRO (CPR for the professional rescuer).

Cardio Pulmonary Resuscitation – Class is designed to certify individuals in the American Red Cross CPRO class

Water Safety Instructor – Class is designed to certify individuals to teach American Red Cross swimming lessons.

Central Aquatic Center	770/528-8465
Mountain View Aquatic Center	770/509-4925
West Cobb Aquatic Center	770/222-6700
South Cobb Aquatic Center	770/739-3180

Call for facilities for dates

Cobb Aquatics Indoor Facilities ADMISSION FEES

	Adult	Youth	Senior
Daily	\$ 4.50	\$ 3.50	\$2.12
10 Visit	\$ 34.50	\$ 19.93	\$13.78
Monthly	\$ 37.86	\$ 27.40	\$19.08
Quarterly	\$ 103.13	\$60.28	\$ 42.40
Annual	\$ 272.02	\$186.83	\$131.44

Family Passes

Size	3 mo	Annual
4	\$146.28	\$585.12
5	\$161.12	\$644.48
6 +	\$174.90	\$699.60

Non-residents will be charged an additional \$25.00 non-resident fee

Competitive Diving:

The Central Aquatic Center and West Cobb Aquatic Center host a USA competitive diving team.

For more information contact Bill Humber, Metro Atlanta Diving at 770-528-8465.